

Life House

Atascadero Wellness Center
5850 West Mall Road, Atascadero
805-464-0512



March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>1st & 3rd Monday 6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p>	<p>3</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Managing Anxiety 12:30-1:30 Current Events 2:00-3:00 Voices & Visions Group 3:00-4:00 Tech Tips (RSVP)</p>	<p>4</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:15 Reiki w/Art Kuhns 12:30-1:30 PTSD Support Group 1:00-3:30 Instrument Petting Zoo 3:00-4:00 Dual Recovery</p>	<p>5</p> <p>10:00-11:00 Walking for Wellness 11:00-12:00 Coping with Depression 12:00-1:00 Earthquake & Fire Drill 1:00-2:00 Anger Management 3:00-4:00 Tech Tips (RSVP)</p>	<p>6</p> <p>11:00-12:00 Coffee w/Friend 12:00-1:00 Women's Group 1:00-2:00 April Calendar Planning 2:00-3:00 Music Sharing 3:00-4:00 Guided Meditation</p>
<p>9</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>10</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Managing Anxiety 12:00-3:00 Galaxy Movie Day 2:00-3:00 Voices & Visions Group 3:00-4:00 Tech Tips (RSVP)</p>	<p>11</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Lift Now Support Group 1:30-2:30 Jewelry Making 3:00-4:00 Dual Recovery</p>	<p>12</p> <p>10:00-11:00 Walking for Wellness 11:00-12:30 Visit Charles Paddock Zoo 1:00-2:00 Anger Management 3:00-4:00 Tech Tips (RSVP)</p>	<p>13</p> <p>Closed for Staff Training</p>
<p>16</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>17</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Managing Anxiety 12:30-1:30 Celebrate March Birthdays 2:00-3:00 Voices & Visions Group 3:00-4:00 Tech Tips (RSVP)</p>	<p>18</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:15 Reiki w/Art Kuhns 12:30-1:30 Lift Now Support Group 1:30-2:30 PTSD Support Group 3:00-4:00 Dual Recovery</p>	<p>19</p> <p>10:00-11:00 Walking for Wellness 11:00-12:00 Coping with Depression 12:00-1:00 Healthy Habits 1:00-2:00 Anger Management 3:00-4:00 Tech Tips (RSVP)</p>	<p>20</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-2:00 Art Expression 3:00-4:00 Music Sharing</p>
<p>23</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>24</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Managing Anxiety 12:30-1:30 The Universe Has Jokes 2:00-3:00 Voices & Visions Group 3:00-4:00 Tech Tips (RSVP)</p>	<p>25</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Lift Now Support Group 1:30-2:30 PTSD Support Group 3:00-4:00 Dual Recovery</p>	<p>26</p> <p>10:00-11:00 Walking for Wellness 11:00-12:00 Coping with Depression 12:00-3:00 Paso Bowl 3:00-4:00 Tech Tips (RSVP)</p>	<p>27</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-2:00 Art Expression 2:00-3:00 Grief Support Group 3:00-4:00 Music Sharing</p>
<p>30</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>31</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Managing Anxiety 12:30-2:00 Attitude of Gratitude 2:00-3:00 Voices & Visions Group 3:00-4:00 Tech Tips (RSVP)</p>	<p>Please call 805-464-0512 to make an appointment to become a member</p>	<p>March is American National Nutrition Month</p>	<p>Please practice Self- Compassion</p>

